



# Water Aerobics

## Session III Winter 2020



### Classes use a combination of Deep & Shallow water exercise

Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Chris K., Christie E., & Sydney L. bring lots of energy to their dynamic, safe and constructive classes. Chris teaches our morning class, Christie teaches our Tuesday and Thursday evening classes, and Sydney teaches our Wednesday evening class.

### MORNING CLASS      Monday, Wednesday & Friday      7:00 - 7:40am

February 12 - April 24 (30 classes)  
(No Class February 17, April 20)

Fee:      \$47/ \$70 / \$80

Walk in fee: \$5 / \$6 / \$7

*Fees listed in the order of AFC Member / Resident / Non-Resident*

### EVENING CLASSES      Tuesday, Wednesday or Thursday

Tuesday:      March 10 - May 12 (10 classes)      6:00 - 7:00pm

Fee:      \$30/ \$45 / \$55

Walk in fee: \$5 / \$6 / \$7

Wednesday:      March 4 - May 6 (10 classes)      5:30 - 6:30pm

Fee:      \$30/ \$45 / \$55

Walk in fee: \$5 / \$6 / \$7

Thursday:      February 20 - April 30 (10 classes)      6:00 - 7:00pm  
(No Class March 5)

Fee:      \$30/ \$45 / \$55

Walk in fee: \$5 / \$6 / \$7

*Fees listed in the order of AFC Member / Resident / Non-Resident*

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence 01062  
Mon-Fri., 4:00-7:00 pm, Sat 10:00am-5:00pm and Sun 11:00am-4:30pm  
413-587-1046

or

Northampton Parks & Recreation Department, 100A Bridge Road, Florence, MA 01062  
Mon-Fri 8:30am - 4:30pm      413-587-1040

[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

REGISTRATION FORM ON REVERSE SIDE



# NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

**Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE PRINT LEGIBLY**

☐ New to Northampton  
Parks & Recreation

☐ I have updated my  
Information

**ADULT 1**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**ADULT 2**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**EMERGENCY CONTACT OTHER THAN PARENT**

Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

**Photo Release:** May Northampton Parks & Recreation Department use  
photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

**PARTICIPANT'S FULL NAME:** \_\_\_\_\_ **Gender** \_\_\_\_\_ **Date of Birth** \_\_\_\_/\_\_\_\_/\_\_\_\_

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee (where applicable)	Total Fee
					\$	\$	\$
					\$	\$	\$

**TOTAL FEE FOR PARTICIPANT**

\$

**PASS PURCHASE**

Pass	Pass Type	Pass Length	Fee	Special Considerations/Comments (Use separate sheet of paper if necessary)
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	
	Non-Res Adult Family Senior Youth			

  

Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued	

  

**TOTAL  
AMOUNT DUE**

\$

**Recreational and Volunteers Activities Release Form**

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton.  
 I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs.  
 I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs.  
 I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: \_\_\_\_\_ Date: \_\_\_\_\_

**Charge my** VISA \_\_\_\_ Master Card \_\_\_\_ Discover \_\_\_\_ Card # \_\_\_\_\_ Expiration \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

**Office Use Only:** Amt Rec'd \$ \_\_\_\_\_ Cash \_\_\_\_ Check # \_\_\_\_\_ Credit \_\_\_\_ Date \_\_\_\_\_ RT Date \_\_\_\_\_ Staff \_\_\_\_\_